













October 2022

This senior center is a partnership funded by the City of Alexandria Department of Community and Human Services Division of Aging and Adult Services.

	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9:30 Zumba Gold with Patricia</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Shopping Trip</p> <p>10:30 Fall Hangman</p> <p>12:45 10 Cent Bingo</p> 	<p>4</p> <p>9:30 Exercise</p> <p>10:00 ESL with Thea</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:30 Health Screening with CUA Nurses</p> <p>11:00 ESL with Nancy</p> <p>11:00 SAIL Exercise at PHRC</p> <p>11:00 ESL with Nancy</p> <p>12:45 Shuffleboard</p> 	<p>5</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Matching Game</p> <p>11:00 Phase 10 Card Game</p> <p>12:30 Raffle!</p> <p>12:45 Bowling</p> 	<p>6</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Sewing Club</p> <p>10:00 Fall Decorating</p> <p>11:00 Beginner ESL with Dominic</p> <p>12:45 Prize Bingo</p> 	<p>7</p> <p>Center Closed for CCDA All Staff</p>  
<p>10</p> <p>Center Closed for Indigenous People's Day/Columbus Day</p>   	<p>11</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 ESL with Thea</p> <p>10:30 Health Screening with CUA Nurses</p> <p>10:30 Apples to Apples</p> <p>11:00 SAIL Exercise at PHRC</p> <p>11:00 ESL with Nancy</p> <p>12:45 Senior Treasure Corner</p> <p>12:45 Prize Bingo</p> 	<p>12</p> <p>Center Closed for Field Trip</p> <p>National Museum of American History - Molina Family Latino Gallery</p>   	<p>13</p> <p>9:30 Exercise</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:00 Crafty Crew</p> <p>11:00 Beginner ESL with Dominic</p> <p>11:00 SAIL Exercise at PHRC</p> <p>12:30 Raffle!</p> <p>12:45 Tennis Putt</p> 	<p>14</p> <p>9:30 Trivia!</p> <p>9:30 Scrabble</p> <p>10:00-11:30 Pool/Billiards</p> <p>10:15 Line Dancing</p> <p>10:00 Go Fish Card Games</p> <p>11:00 Spanish Class</p> <p>12:45 Prize Bingo</p> 

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>17 9:30 Zumba Gold with Patricia 10:00-11:30 Pool/Billiards 10:00 Shopping Trip 11:00 Food and Fun with Philippe 10:30 Spot the Difference 12:45 10 Cent Bingo</p> 	<p>18 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 ESL with Thea 10:30 Health Screening with CUA Nurses 11:00 SAIL Exercise at PHRC 11:00 ESL with Nancy 12:45 Basket Toss</p> 	<p>19 9:30 Exercise 10:00-11:30 Pool/Billiards 11:00 Birthday Party with DJ Robby G 11:00 Game Room 12:30 Raffle! 12:45 Cup Pong</p> 	<p>20 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Sewing Club 11:00 Beginner ESL with Dominic 11:00 SAIL Exercise at PHRC 12:45 Corner Hole</p> 	<p>21 9:30 Trivia! 9:30 Scrabble 10:15 Line Dancing 10:00-11:30 Pool/Billiards 11:00 Rice Bowl Trivia – Art edition 12:45 Prize Bingo</p> 
<p>24 9:30 Zumba Gold with Patricia 10:00-11:30 Pool/Billiards 10:00 Shopping Trip 10:00 Draw Along Craft 11:00 Mario Kart! 12:45 10 Cent Bingo</p> 	<p>25 9:30 Exercise 10:00 ESL with Thea 10:00-11:30 Pool/Billiards 10:30 Health Screening with CUA Nurses 11:00 SAIL Exercise at PHRC 11:00 ESL with Nancy 12:45 Senior Treasure Corner 12:45 Who Wants to be a Millionaire</p> 	<p>26 Center Closed Picnic at Cox Farms Farmers Market</p>   <p>Picnic</p>	<p>27 9:30 Exercise 10:00-11:30 Pool/Billiards 10:00 Crafty Crew 11:00 Beginner ESL with Dominic 11:00 SAIL Exercise at PHRC 12:30 Raffle! 12:45 Skee-ball</p> 	<p>28 9:30 Trivia! 9:30 Scrabble 10:15 Line Dancing 10:00-11:30 Pool/Billiards 10:00 Uno Card Game 11:00 Spanish Class 12:45 Prize Bingo</p> 
<p>31 – Halloween! Feel free to come dressed up in costume!! 9:30 Zumba Gold with Patricia 10:00-11:30 Pool/Billiards 10:00 Shopping Trip 11:00 This or That Game 12:45 10 Cent Bingo</p> 	<p>October is National Emotional Wellness, Apple, Book, Cookie, and Go on a Field Trip Month! Check calendar for new games and activities for the month. Is there a game or activity you would like to add and play? Please let Maria know!! Shopping trips are on Mondays. Please sign up at the front desk Monday morning **Activities are subject to change**</p>			